

The following are original copies of the worksheets or other accompanying materials for each lesson plan. You may make copies of these worksheets for each student. The large number that appears at the top of each lesson corresponds with the large number at the top of each accompanying worksheet.



Magnifying Glass Worksheet





VIP (Very Important Person) Worksheet

You're special. There's nobody else in the world like you. You're special to your family, to your friends, and to the world. It's important to be the best you can because no one else can be you! Fill in the blanks and begin to see how special you are.

My name is _____

My height is _____

My age is _____

My hair color is _____

My favorite subject is _____

My favorite sport is _____

My favorite color is _____

My favorite food is _____

Someday I'd like to be _____

I'd like to travel to _____

My hobbies are _____

The things that make me happiest are _____

The things that make me maddest are _____

My favorite TV program is _____

I'm especially good at _____

My favorite songs are _____

My favorite movie is _____

My favorite book is _____



VIP Worksheet

VIP picture of:

(student's name)

When I grow up, I want to be a/an

_____.

I am _____ tall.

I weigh _____ pounds.

My favorite color is _____ .

Members of my family are:

Things I don't like:

If I had three wishes they would be for:

1. _____
2. _____
3. _____

My favorite things are:



Knowing Myself Worksheet

Rate yourself in the following areas to help you identify some of your strengths and weaknesses.

	Yes	No	Uncertain
I am a likable person.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am an honest person.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am a patient person.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am a confident person.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am a forgiving person.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am a responsible person.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am a determined person.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I understand myself.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I get along with others.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My feelings about myself are good.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My school work is very good.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I can solve problems.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Complete each sentence:

I believe my greatest strength is _____

Three things I can do to build on this strength are:

1. _____

2. _____

3. _____

One of my weaknesses is _____

Three things I could do to improve this weaknesses are:

1. _____

2. _____

3. _____



My Declaration of Self-Esteem

I am a special person. I am the best me there is, no one else can fill my shoes because I am a unique and wonderful being.

I am a special person because _____

I am in control of my actions, thoughts and feelings. No one hurts me unless I allow them to. Therefore, no one hurts me.

I am in control of myself when _____

I am a responsible person. I respect my peers, my parents, my teachers and other adults. I know my place in this world is being a good citizen. The more I give to my fellow human beings and country, the more I receive.

I am responsible when _____

I am in charge of myself. No one can force me to do anything I know is wrong. I pledge to keep my body and mind strong and clear so I can create a better me with each passing year. I have a prominent place in this world and I will stand up for my right to be here.

I take charge of myself when _____

I am the best me possible! _____

Your Signature

Date



Goal Setting Worksheet #1

We set goals everyday. Setting goals helps us plan our day and use our time wisely. Think about the goals you'd like to have for tomorrow. Write them in the space provided.

Daily Goals

Date_____

- ☐ 1. _____
- ☐ 2. _____
- ☐ 3. _____
- ☐ 4. _____
- ☐ 5. _____
- ☐ 6. _____
- ☐ 7. _____
- ☐ 8. _____
- ☐ 9. _____
- ☐ 10. _____

Keep this list in a visible spot. When you accomplish a goal put an "X" in the box next to it.



Goal Setting Worksheet #2

Review the goals you listed on the Goal Setting Worksheet #1, then answer these questions.

1. How were you successful? _____

2. How could you have been more successful? _____

3. Which goal did you think was most important? How did you accomplish it? _____

4. Did any of your friends or family members help you accomplish your goals? _____



Award Outline

When you accomplish goals, it is important to reward yourself. In the award below, tell how you are going to reward yourself for a job well-done.

A large rectangular area for writing, with a small gray circle in the top-left corner and a larger gray circle in the bottom-left corner. The area is defined by a black outline with rounded corners.



My Goals Worksheet

School

My goal for school this year is _____.

Some things I can do to reach this goal are _____.

_____.

The people who can help me are _____.

_____.

Home

My goal for home this year is _____.

Some things I can do to reach this goal are _____.

_____.

The people who can help me are _____.

_____.

Future

My goal for the future is _____.

Some things I can do to reach this goal are _____.

_____.

The people who can help me are _____.

_____.



All About Me Worksheet

On the lines below, tell about the interesting and important events of your past. Include when you were born, when you first walked, births and deaths in your family, trips, and schooling. For each event, write the date and a short descriptive sentence.

[illegible]

Now tell about the possible events of your future. Include events like high school, college graduation, marriage, careers, or travel. Let your imagination run wild!

[illegible]



Want Ads Worksheet

Team Members: In the space below, attach ads of jobs you and your partner(s) want to do now.
(Are you qualified?)

Choose one job from above. Circle it. Write one sentence describing the job's qualifications.

Now find jobs you and your partner(s) might want in the future.

Select one. Circle it. Write one sentence describing the job's qualifications.



Jobs 2025 Worksheet

Job Title_____

Write the name of the job on the first line.

Write two words describing this occupation on the next line.

Write three action words about your occupation on the third line.

Write two more words describing your occupation.

Write one word that is another name for this job.

Illustrate your poem.



Question and Interview Guide

Interview Organizer

I will interview_____

Date each item as it is completed.

Date Completed

- | | |
|-------|---|
| _____ | 1. Ask permission for interview. |
| _____ | 2. Set day and time. |
| _____ | 3. Write good interview questions. |
| _____ | 4. Conduct interview and take notes. |
| _____ | 5. Write interview summary using notes. |
| _____ | 6. Practice giving presentation to class. |
| _____ | 7. Give presentation to class. |

Interview Procedure

- ☐ 1. Ask the person for permission to interview them.
- ☐ 2. Ask the person for a convenient time for the interview.
- ☐ 3. Write down good questions to ask ahead of time.
- ☐ 4. Be on time for the interview.
- ☐ 5. Ask questions and record what is said. You can take notes or use a tape recorder.
- ☐ 6. Be sure to thank the person for his/her time and help.
- ☐ 7. Summarize your interview.
- ☐ 8. Share what you learned with your class.



Question and Interview Guide

Sample Interview Questions

1. What kind of education do you have? _____
2. What kind of student were you? _____

3. What made you decide to do what you are doing? _____

4. What is most fun about your job? _____

5. How would you rate your job on a scale of 1 to 10 with 1 being the worst and 10 being the best? Why? _____

6. How did you get this job? _____

7. What tips would you have for someone who wants the same job? _____

8. What type of qualifications do you need for this job? _____

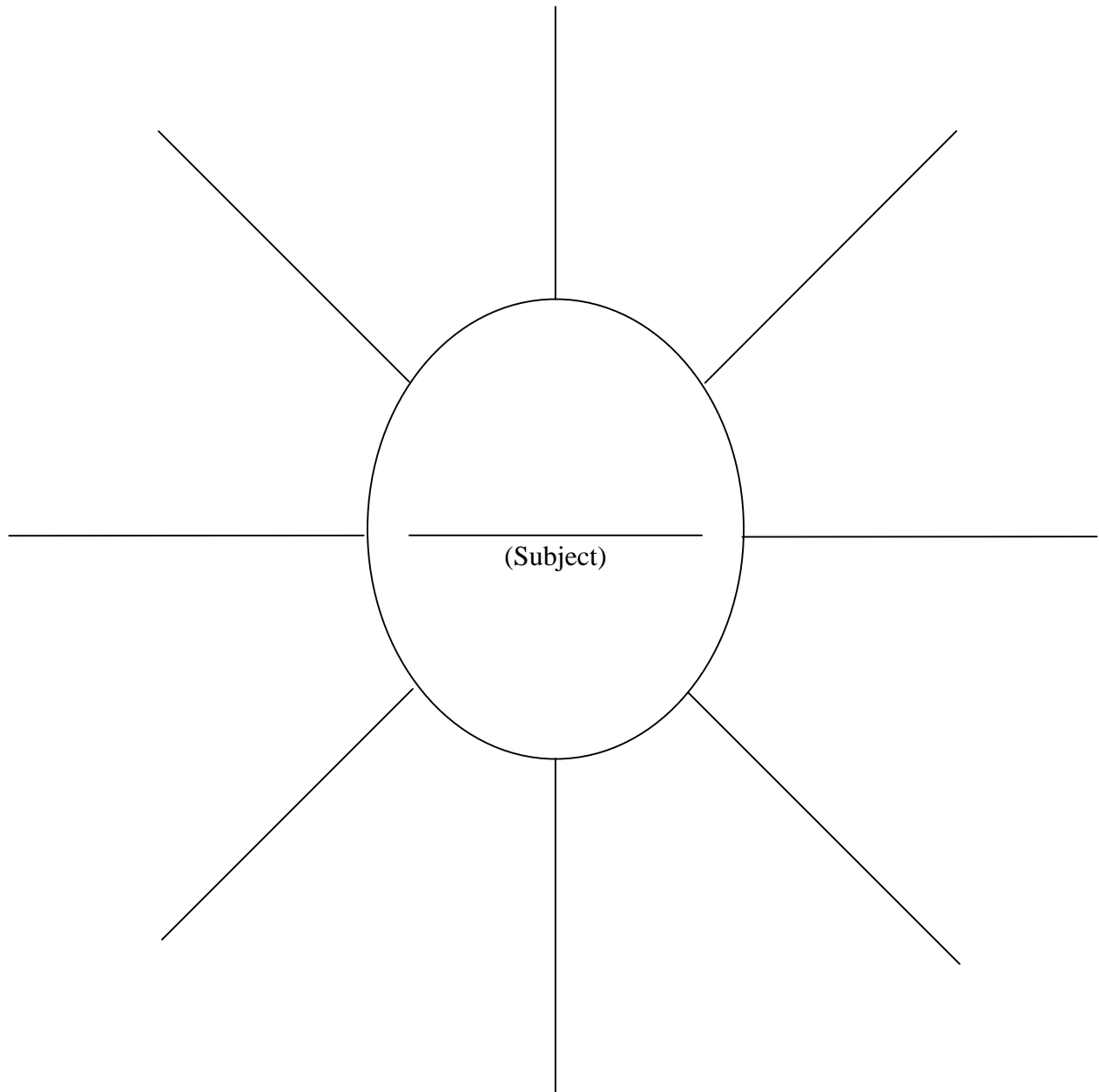
9. How many years have you been working at this job? _____
10. How many years did you go to school? _____
11. What is the one thing you would most like to change about your job? _____

12. What other jobs could you hold with your training and experience? _____



Semantic Map Worksheet

Semantic Map





Admission Application Worksheet

Name _____

Address _____

City/State/ZIP Code _____

Phone Number (including area code) (____) - ____ - ____

Student ID Number _____

Name of school you are currently attending _____

Name of junior high you will attend _____

Name of high school you will attend _____

Areas of interest/hobbies (1) _____ (2) _____

Future career choices (1) _____ (2) _____

References (1) _____ (2) _____

Please write a paragraph about your future goals and how school will help you reach them.
